

Teen Check-In



"HEART HANDS"
ARTWORK ILLUSTRATED BY
SHELBY MEYERS

Starting Wednesday, Oct. 6th, 2021

**Teen Check-In is held on the 1st & 3rd
Wednesday of the month 6:00 - 7:30pm**

Meetings are virtual until further notice

**Teens ages 13-17 are invited to
pre-register**

**For more information & registration,
contact: abuitrago@namiskc.org**

ABOUT

The NAMI Teen Check-In is designed for teens between the ages of 13 and 17 who are living with mental health challenges or those who might be dealing with a difficult school or home life. This group provides a safe space to connect with one another, share your stories, and receive support and encouragement.

EXPECTATIONS

NAMI Teen Check-In follows the NAMI structured model of Connection Recovery Support Group, and ensures you and others in the group have an opportunity to be heard and find peer support.

PLEASE NOTE

NAMI Support Groups are not intended to replace or be used as a substitute for clinical or medical services, and facilitators are NAMI-trained peers, not mental health professionals. By attending and participating in NAMI South King County groups, you agree to abide by Group Guidelines and Principles of Support outlined at the start of each meeting, and can be removed and/or banned from any meeting at the staff and/or facilitators' discretion.

IN PARTNERSHIP WITH

